

piece or the heel piece, said region forming a rack (28) with which means for longitudinally adjusting the toe piece or the heel piece interact.

6. ***(Previously Presented)*** Interface plate according to Claim 5, further comprising at least one cavity (26, 27) accommodating a panel supporting the rack (28).

7. ***(Previously Presented)*** Interface plate according to Claim 1, wherein said plate extends continuously between the zone receiving the toe piece and the zone receiving the heel piece.

8. ***(Previously Presented)*** Interface plate according to Claim 6, wherein said plate is formed from a profiled metal section.

9. ***(Previously Presented)*** Interface plate according to Claim 6, wherein said plate is obtained by moulding.

10. ***(Previously Presented)*** Interface plate according to Claim 1, wherein the slideway is interrupted in a central area of the plate, so that the plate includes two slideways which have a same geometrical profile and are arranged in alignment with one another.

11. ***(Previously Presented)*** Interface plate according to Claim 1, wherein said plate is formed by two individual plates (41, 42) respectively accommodating the toe piece and the heel piece, said individual plates (41, 42) being joined by a connecting portion (43).

12. ***(Previously Presented)*** Interface plate according to Claim 1, wherein the slideway has a profile including a flat bottom (5) and two lateral zones (10-13) forming a lip (18-21) returning in the direction of the longitudinal mid-plane (P) of the plate.

13. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 1 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.

14. ***(Previously Presented)*** Assembly according to Claim 1, wherein the toe piece and the heel piece comprise geometrically identical projecting parts having an inverted-T profile.
15. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 2 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.
16. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 3 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.
17. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 4 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.
18. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 5 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.
19. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 6 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.
20. ***(Previously Presented)*** Assembly comprising a toe piece, a heel piece and an interface plate according to claim 7 wherein said assembly comprises means for moving the toe piece and the heel piece simultaneously and in an opposite direction relative to each other when the binding is being adjusted to the length of the boot.